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Sick and tired of Old Man Winter

Weather. Haligonians dig out from another storm and dream of warm spring days



STEPHANIE TAYLOR
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When Paulette Sadoway awoke Sunday to see the work done by Jack Frost that morning, she immediately grabbed her phone.

"I texted my sister: 'Capital O, capital M, capital G. Can you believe this?'" the Halifax resident recalled while taking a break from shovelling in front of her north-end home.

"I almost wanted to go back to bed."

Her reaction was no doubt shared by thousands of embattled Haligonians fed up with winter and ready — no, desperate — for the warm temperatures and sunny skies of spring.

But the promise of spring, which is technically less than a week away, seemed like a distant dream on Sunday.

The rumbling of snow ploughs and scraping of



Justin Stevens battles the whipping winds on Sunday to clear a section of Wilson's Gas Stop in Upper Tantallon. JEFF HARPER/METRO

shovels against ice-packed pavement were about the only audible sounds amid the gusts of winds and whip-

ping snow.

"This is treacherous," one resident exclaimed, as he and two others struggled

to make their way along a sidewalk on Windsor Street, before hopping a snowbank and taking their chances on

the road.

That is exactly what Dylan Letendre says he did on his walk to his girl-

Quoted

"I am very fed up with this winter."

Haligonian Paulette Sadoway

friend's house first thing Sunday morning to dig out her driveway.

"It's ridiculous for people to have to walk on the roads beside cars. It's pretty dangerous," he said.

"If you don't live on a main route, you're s—t out of luck."

Shovelling has nearly become a full-time job for Sadoway, who estimates she's spent at least 40 hours digging out her walkway and front steps during what she calls one of the worst winters in the city's history.

Meanwhile, next-door neighbour Malcolm Campbell had his fingers crossed that the end of snow was in sight, despite Environment Canada's call for more of the white stuff on Tuesday.

"My birthday's this Friday, so this is Mother Nature's birthday gift for me, I guess," Campbell said, laughing.

More coverage, page 4



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Eastern Passage

RCMP investigate shooting inside suburban home

A Nova Scotia man is in hospital with serious injuries following a shooting in the Halifax suburb of Eastern Passage.

RCMP say they received a report around 2:30 a.m. Saturday that a man had been shot in his home on Main Street.

Police say the 47-year-old was at home when three unidentified men came inside.

The Mounties say the incident does not appear to be random and that their investigation is ongoing.

THE CANADIAN PRESS

Walton

Man facing multiple charges after standoff

RCMP have laid charges in connection with a man who barricaded himself in his home on Friday.

The Mounties say they responded to a complaint that a man was making threats at a home in the community of Walton.

Police closed down Highway 215 as a precaution during the standoff, which lasted several hours before ending peacefully.

Police say a suspect, Kerry Sanford of Walton, faces charges including uttering threats, careless use of a firearm and threatening to kill an animal.

Sanford is scheduled to appear in court on Monday to face the allegations.

THE CANADIAN PRESS



Drumming group Rad Rhythms performs at Saturday's protest in Halifax. REBECCA DINGWELL/FOR METRO

Protesters take aim at anti-terrorism bill

Bill C-51. Halifax event one of many held across the country to speak out against expansion of police, spying powers

REBECCA DINGWELL
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People of all ages gathered at Victoria Park in Halifax on Saturday to protest against the proposed Bill C-51, also known as the "anti-terrorism act."

Guest speakers included Halifax NDP MP Megan Leslie

and Brynn Nheiley of the Green Party.

"You know you are not alone in this fight," Leslie told the crowd. "Every human-rights expert in the country is with you."

Protesters chanted phrases such as "C-51 has got to go" and "Flush the Tories down the toilet."

The wide-ranging bill, which was introduced in January, would give police much broader powers and allow them to detain terror suspects. It would also give new powers to Canada's spy agency.

Critics say the bill, if enacted as law, will infringe upon Can-

By the numbers

100

A crowd of about 100 people came out for Saturday's protest in Halifax.

adians' civil liberties and rights to privacy, especially online.

Mikhail Gardner, one of many protesters at Saturday's protest, said he was "appalled" when he read the details of the law.

"The sheer amount of weasel words and overly broad statements in this bill is insane," he said. "You can't leave

your house without falling under this bill."

The protest also included musical performances by Rad Rhythms and SolidariGLEE.

Similar rallies took place in 11 other cities across the country on Saturday. Toronto, Montreal, Saskatoon and Calgary also took part in the protest dubbed "Defend Our Freedom."

Krista Simon, who organized the protest, said she hopes they will push a national dialogue against Bill C-51.

"I sincerely want people to have this at the forefront of what we think about, talk about every day," she said.

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Enjoy break, avoid break-ins

March Break. Police warn locals to lock their cars; plus, venues get set for influx of children

STEPHANIE
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School is out for thousands of young Haligonians over March Break, and that means busy times for parents, museums — even car thieves.

The RCMP in Halifax are urging residents to be vigilant about locking their vehicle doors while they are out and about with their kids during spring break. More than 50 car break-ins were reported over that week last year.

"A lot of thieves were taking advantage of the extra cars in arena parking lots, malls," said spokesman Cpl. Greg Church.

For parents with another worry — keeping kids busy for a week or finding last-minute child care — no need to fret. Both the Art Gallery of



Places such as Mic Mac Mall will be busy this week due to March Break, so police are reminding drivers to lock their vehicles. ANDREW VAUGHAN/THE CANADIAN PRESS

Nova Scotia and the Maritime Museum of the Atlantic are kicking it into high gear by offering a variety of all-ages programming and drop-in events throughout the week.

Jenny Nodelman with the Maritime Museum said around 3,500 visitors on average come through their doors every March Break. This year the museum is hosting March

Break at Sea, at which families can enjoy all things pirate, sailor and mermaid through a number of hands-on activities.

"It's quite a packed nine days," Nodelman said.

"We try and make it an affordable experience for families to come to," she added, explaining all events run on a drop-in basis and cost the regular price of admission.

Tips

To ensure you don't become an easy target for thieves, police recommend removing all bags and valuables from your vehicles and parking in well-lit areas.

A few blocks away at the art gallery, curator of education and public programs Dale Shepherd said there are still spots left for kids among 100 young artists who will try their hand at painting, sculpture and photography in a series of art classes.

These are only some of the activities that Urban Parent blogger Sarah Williams said parents should look to if they're feeling overwhelmed.

"Remember, it's March Break.... The kids have a break for a reason," she said, explaining that children may feel especially cooped up this season because many schools have cancelled outdoors recesses due to excessive ice and snow.

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Dalhousie. Student to complete remediation

The last dentistry student to return to Dalhousie University in Halifax following a suspension over an inappropriate Facebook group says he will complete his ordered remediation process.

In a statement issued through his lawyer on Sunday, Ryan Millet says he has decided to take part in remediation sessions as required by an academic standards class committee. Lawyer Bruce MacIntosh issued a statement earlier this month to say that his client will be permitted to graduate only once he finishes remediation.

Dalhousie suspended 13 fourth-year male students about two months ago for being members of a Facebook page that contained sexually violent content about female classmates.

Millet says his participation in the Facebook group was limited and that he addressed issues of sexism and homophobia both before and after the entries were made public.

THE CANADIAN PRESS

'The end will come eventually'

Winter. Parts of Halifax received up to 35 centimetres of snow



STEPHANIE
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A meteorologist with Environment Canada is calling a winter storm that hit Halifax on Sunday one of the worst the city has experienced this season.

Darin Borgel said recorded snowfall amounts ranged between 12 centimetres around the Halifax Stanfield International Airport to higher-than-average amounts of between 20 to 35 centimetres downtown and in central Dartmouth.

Usually, he explained, the inland regions of the province are spared from the worst of a storm's snowfall compared to the coastal areas — but not this time.

"It came down pretty fast and furious," he said of Sunday's snow.

The storm, which began late Saturday with light snow,

Quoted

"It's still winter.... The end will come eventually. Exactly when is going to be difficult to say."

Meteorologist Darin Borgel

intensified as the night rolled on, ending with ice pellets and freezing rain by morning, bringing with it gusts of wind around 90 km/h in some parts of the province, Borgel said.

On Sunday, the majority of flights at the airport were cancelled or delayed while much of the city was shut down, save winter crews that city spokeswoman Jennifer Stairs said were out in full force trying to clean up the mess.

"If (residents) don't need to be anywhere, it's probably best they stay off the roads while crews clear the streets," Stairs said Sunday, adding the overnight parking ban was in effect.

Deteriorated road conditions also led Halifax Transit to implement their snow plan,



A plow clears the Angus L. Macdonald bridge in Halifax on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

suspending many of their bus routes until late afternoon.

But, thankfully, both Halifax Regional Police and the RCMP reported no significant

accidents or injuries.

"When it's really bad people 'get it' and stay off the roads," RCMP spokesman Sgt. Al LeBlanc said Sunday.

"Everyone knew the storm was coming," he said, adding drivers should continue avoiding roads for the next day or so unless absolutely necessary.

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Wife of chemical-scare man offers his bail

Court. Chris Phillips' estranged wife labels charges 'ridiculous'

The estranged wife of a Halifax man accused of possessing dangerous chemicals and threatening police offered to put up \$10,000 bail and said charges against him are "ridiculous."

Gosia Phillips testified in provincial court that she separated from husband Chris Phillips after he was arrested on Jan. 21 in an Ottawa hotel, but even though she has a legal agreement prohibiting him from entering her home she's willing to put up his bail and act as a guarantor.

"I'm tired of having him in jail for charges that are in my mind ridiculous," she said.

Phillips is charged with uttering threats and possession of a weapon — the chemical osmium tetroxide — for a dangerous purpose.

Earlier Friday, RCMP Sgt. Lisa Stuart said Phillips's wife came to police on Jan. 19 and told them her husband's mental health was deteriorating and he was behaving strangely.

Phillips told investigators her husband had osmium tet-

roxide and possibly possessed uranium and she was fearful the chemicals posed a threat to her children's safety, Stuart testified. She said she believed he had a supply of chemicals because he was using them to extract precious metals for catalytic converters, and the osmium tetroxide was a rare "novelty" kind of chemical he planned to give away to friends.

THE CANADIAN PRESS



Christopher Burton Phillips THE CANADIAN PRESS

Fire. Lawyer gets more time on client Hennigar



Codey Reginald Hennigar will undergo a psychiatric test THE CANADIAN PRESS

The lawyer for a man charged in the deaths of three people in a house fire in the Halifax area has been granted additional time to review a report on his client's fitness to stand trial.

Codey Reginald Hennigar is charged with three counts of second-degree murder after the remains of three people were found in a home in January.

Eighty-one-year-old Clifford

William Ward, 54-year-old Mildred Ann Ward and 74-year-old Ida Raye Ward died.

The fire broke out on the afternoon of Jan. 7 in a rural, wooded area about 25 kilometres northeast of Halifax's airport. A provincial court judge ordered a psychiatric assessment of Hennigar.

The case is scheduled to return to court March 27.

THE CANADIAN PRESS

Sackville

RCMP find loaded shotgun during traffic stop

Halifax RCMP say a Sackville man is facing charges after officers found a loaded shotgun in a vehicle during a traffic stop.

According to a release, members of the Street Crime Enforcement Unit (SCEU) stopped a vehicle on Beaver Bank Road at 7 p.m. Thursday. During a preliminary investigation and search of the vehicle, police found a loaded sawed-off shotgun.

The driver was arrested and a search warrant was later carried out at the man's home where police found evidence linking him to several recent crimes in the Sackville area. **METRO**

Cell phone video

Police ask public for help finding robbery footage

Halifax Regional Police are asking for the public's help in locating cell phone video taken of a robbery that happened in the city's downtown last week. Police say officers responded to a report of one man threatening another man with a knife in front of the Halifax Central Library on Spring Garden Road on Mar. 3 around 5 p.m.

Shortly after, officers located and arrested James Andrew Ashton, 48, of Dartmouth. Police say witnesses to the incident reported there were at least one or more people nearby taking video of the robbery on their cell phones. **METRO**

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Settlement reached in dispute over health-care bargaining

Public sector. Unions say they're glad the premier came to his senses; McNeil says the agreement streamlines bargaining

The Nova Scotia government reached a deal Friday with public-sector unions on the representation of health workers in collective bargaining with the province, ending a months-long impasse in the dispute.

Under the deal, the four affected unions will continue to represent their current members but will bargain collective agreements jointly as four union councils.

Premier Stephen McNeil says the agreement streamlines the bargaining process from 50 to four units, which was part of its goal in a bill passed last fall that also amalgamates the province's health boards, effective April 1.

"This is providing the clarity that we as a government needed when it came to bargaining," he said. "This allows both the employer and the union representing the employees to come to the bargaining table as equals for the first time in a very, very long

time when it comes to health care."

The four unions involved are the Nova Scotia Nurses' Union, the Nova Scotia Government and General Employees Union, Unifor and the Canadian Union of Public Employees.

They protested against the bill last fall, arguing the legislation was undemocratic and unconstitutional because it said no union could represent more than one of the bargaining units for nurses, health-care workers, clerical workers and support staff.

The government says each of the four unions will lead one bargaining process, with nursing led by the nurses' union, health care led by the government and general employees union, support workers fronted by Unifor and administrative professionals led by CUPE.

McNeil returned to the bargaining table to get a deal with the unions 10 days ago after the government dismissed an arbitrator it hired to settle issues surrounding union representation.

Janet Hazelton, president of the Nova Scotia Nurses' Union, says the province's health-care workers have won what they wanted.

"I think this is a huge victory for health-care unions



Premier Stephen McNeil said the agreement with bring "clarity" to the bargaining process. JEFF HARPER/METRO

... and for the nurses in this province," she told a news conference.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, said there is virtually no difference between Friday's agreement and a union

proposal put forward last summer for a bargaining association.

"It's unfortunate that the premier took six months to come to the position that we were at six months ago. But I'm pleased that he did," she said. **THE CANADIAN PRESS**

Quoted

"The result is that they've now caved, having wasted time and money to get right back where we started."

Progressive Conservative health critic Chris d'Entremont



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New Minas

Biting incident on groom's wedding night

Described by the Crown attorney as a "bizarre assault," a New Minas man has been sentenced after biting a woman's face at a local bar on his wedding night. Joshua Robert Byers, 39, sobbed when asked by Judge Claudine MacDonald if he had anything to say prior to being sentenced on the assault charge last week. Byers said that he "really doesn't remember" the attack. MacDonald fined Byers \$325 and sentenced him to 12 months of probation. Crown attorney Jim Fyfe told court Byers has 93 prior convictions.

KING'S COUNTY REGISTER

Police. Charges laid in assault at Burnside jail

Halifax Regional Police have laid charges against an inmate at the Central Nova Scotia Correctional Facility who allegedly assaulted his cellmate earlier in the week.

Police say the incident occurred on March 10 when the two offenders were in their cell. A 19-year-old man from Lower Sackville sustained life-threatening injuries from the assault and currently remains in hospital.

Investigators have since charged Tyrice Thomas Smith, 20, with aggravated assault as well as one count of breaching a probation order and two counts of breaching a recognizance.

Last week, Justice Minister Lena Metlege Diab said she feels the government's cur-

rent plan to improve the situation at the jail is sufficient and a review isn't needed.

Diab said she's confident that measures are in place that will address the issues at the jail in Burnside.

She said some prisoners are being moved from the jail in stages to a new facility in Pictou County. Tyrice Thomas Smith is scheduled to appear in Dartmouth provincial court on Monday. **METRO**



Central Nova Correctional Facility

Hockey. Hostile parents to see stiffer penalties in B.C.

Hockey parents who swear and yell at coaches, referees and players during their kids' games will be handed stiffer penalties next season by a British Columbia association that is taking aim at "rink rage" and inspiring officials across the country.

The Vancouver Island Amateur Hockey Association's stance garnered more support this week, as police in West Vancouver recommended an assault charge against a 45-year-old man. He allegedly grabbed another player's father during a game between the Hollyburn Huskies and the Semiahmoo Ravens from Surrey, B.C.

Two years ago, a Vancouver man who was videotaped tripping a 13-year-old player while coaching his son's team was handed a 15-day jail sentence by a judge who said the punishment should be a warning to other parents.

Jim Humphrey, president

of the Vancouver Island association, said he received widespread support after eight parents were given a one-game suspension for abusing referees, often teens themselves, who quit in frustration. Five more parents had to sit out the next game for repeat offences.

In the fall, parents who continue their "overzealous" behaviour after being banned from games will have their children cut from the team, Humphrey said.

One father's money was recently refunded after he'd already been bounced from a previous association, meaning his 10-year-old son can no longer play, Humphrey said.

Humphrey said he will recommend that his association's 21-member board require all parents to take a mandatory online course offered by Hockey Canada and the Respect Group, which was co-founded by former NHL player Sheldon Kennedy. **THE CANADIAN PRESS**



"Rink raging" hockey parents who swear and yell at coaches, referees and players during their kids' games will be handed stiffer penalties next season by a British Columbia association. TOM MIHALEK/THE CANADIAN PRESS

Ontario. NDP bill seeks to ban conversion therapy

During her formative years as a transgender woman, Erika Muse says, she was subjected to conversion therapy, which left her depressed, suicidal and with a mere lingering shred of self-esteem.

The treatment is roundly condemned but still practised by some, says an Ontario New Democrat seeking to make the so-called therapy illegal. Cheri DiNovo's private member's bill would ban any attempt to change the sexual orientation or gender identity of someone 18 and under.

"The sessions were not therapeutic but abusive," Muse says. "They led to trauma about my body and a lack of faith in myself."

Muse says her therapist billed under OHIP — Ontario's health-insurance plan — not specifically for conversion therapy but for general therapy.

DiNovo wants to ban con-

Quoted

"The sessions were not therapeutic but abusive."

Erika Muse

version therapy for anyone 18 and under and delist it from OHIP for those over 18.

But Health Minister Eric Hoskins said there is no OHIP coverage for that type of therapy. He spoke in supportive terms of DiNovo's efforts but said there are already measures in place to crack down on inappropriate practices.

The bill, which is up for second reading at the Ontario legislature on April 2, would allow someone like Muse to bring a complaint forward and the therapist could be charged, DiNovo said.

THE CANADIAN PRESS



Late-winter snowfall blankets Montreal

A Montrealer walks down the street during a snowfall on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Senators' anxiety builds over microscopic audits

Politics. Auditors have been delving into senators' emails and cellphone records

Single phone calls, sandwiches eaten during committee meetings, postage stamps — the smallest details have come up for review in the auditor general's study of Senate expenses.

Senators of all political persuasions have been taken aback by the strength of the microscope trained on their office, travel and living expenses, as well as claims submitted by staff.

And it hasn't just been the types of questions that have ruffled feathers but also the level of access afforded to

auditor general Michael Ferguson's staff — some 40 auditors in any given month, his office said. They've been able to delve into the emails of senators and cellphone records.

For example, the auditor general's office has been cross-referencing daily expense claims with activities to verify if the upper chamber really needed to pay for a lunch or whether one was served in a meeting or on a plane trip.

The angst has been building steadily in the Senate as the final report draws closer.

Some have decided to fork over the cash before the report comes out — \$185,677 was reimbursed to the public purse by unnamed individuals in the 2013-14 fiscal year alone, not including monies returned by embattled senators Mike Duffy, Pamela Wal-

lin and Mac Harb.

Many senators complain bitterly that the auditor general's office has not shown a good understanding of what constitutes Senate business and the daily work they do.

Several spoke to The Canadian Press on condition of anonymity; in many cases senators were asked to sign a confidentiality agreement when the audit began.

One senator complained about a perceived inequality built into the process: Senators interviewed early in the process could hypothetically be treated more harshly than those scrutinized later, as the auditor general's staff become educated in the rules and rhythms of the upper chamber.

A major source of anxiety is over the type of travel that

senators do on a weekly basis. How much time do they spend in their Parliament Hill office and why? What does normal travel look like in their home provinces?

An update of the travel policy was instituted in the summer of 2012, with an appendix noting that "speaking engagements or attendance at fundraising events other than those organized by the Senate" did not qualify for travel funding.

But what of the political events they might have attended prior to that guideline being introduced?

All of this confusion will also be hashed out in the upcoming trial of Sen. Duffy, which involves several charges linked directly to his travel and living expenses.

THE CANADIAN PRESS

Vancouver area

Ballots arrive for transit plebiscite

Ballots for a plebiscite will begin arriving in mailboxes Monday, asking Vancouver-area residents whether they're willing to foot the bill for a huge public-transportation overhaul. The vote gives citizens the option of paying a 0.5 per cent sales-tax hike in exchange for an upgraded rapid-transit system, more buses and ferries and a new bridge. The project is expected to cost \$7.5 billion over 10 years. **THE CANADIAN PRESS**

Protest

Montreal march declared illegal

A Montreal march against perceived police brutality was declared illegal as soon as it began Sunday afternoon because organizers had not informed authorities of their route. Last year's protest resulted in 288 fines and five arrests. In 2013, 200 people were arrested. The protest against police brutality has been held in Montreal for nearly 20 years. **THE CANADIAN PRESS**

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Suspect says police not targets: Prosecutor



The St. Louis County SWAT team prepares to search the attic of a house in Ferguson, Mo., on Thursday after the midnight shooting of two police officers. CHRISTIAN GOODEN/ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

Ferguson. Authorities not sure they fully 'buy' idea that suspect was aiming at someone else

A 20-year-old charged Sunday with shooting two police officers watching over a demonstration outside the Ferguson Police Department attended a

protest there earlier that night but told investigators he wasn't targeting the officers, officials said.

St. Louis County Prosecutor Robert McCulloch said Jeffrey Williams told authorities he was firing at someone with whom he was in a dispute, not at the police officers.

"We're not sure we completely buy that part of it," McCulloch said, adding that there

might have been other people in the vehicle with Williams.

Williams is charged with two counts of first-degree assault, one count of firing a weapon from a vehicle and three counts of armed criminal action. McCulloch said the investigation is ongoing.

The officers were shot early Thursday as a crowd began to break up after a late-night demonstration that unfolded after

Ferguson Police Chief Tom Jackson resigned in the wake of the scathing federal justice department report.

"He was out there earlier that evening as part of the demonstration," McCulloch said of Williams. Several activists who've been involved in the protests since the Aug. 9 fatal shooting of Michael Brown said they were not familiar with Williams. **THE ASSOCIATED PRESS**

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Highline model shown

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Highline model shown



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Four years since Syrian uprising

Anti-Syrian-government protesters during a demonstration Sunday at the Martyrs' Square in downtown Beirut, Lebanon, marking the fourth anniversary of the Syrian uprising. More than 3.8 million Syrians have fled their country in the four years since the uprising began against President Bashar Assad. **HUSSEIN MALLA/THE ASSOCIATED PRESS**

Brazil

Death toll in bus crash rises

The Brazilian government raised the death toll of a bus accident to 54 while police continued their search for more victims Sunday in the rugged lands of southern Brazil.

The dead include at least eight children, three adolescents, 24 women and 14 men, the government of Santa Catarina state said. The bus plunged 1,300 feet down a mountain near the city of Joinville on Saturday.

THE ASSOCIATED PRESS

Britain

Alleged would-be militants sent back

British police said three males, two 17-year-olds and a 19-year-old, have been deported from Turkey and arrested on suspicion of planning terrorist acts. Their names haven't been released.

The trio left Britain several days ago, travelling to Spain and then flying to Turkey. They were detained in Istanbul on Friday after British officials notified Turkish authorities.

THE ASSOCIATED PRESS

China. Premier promises to keep reducing red tape

Premier Li Keqiang expressed determination Sunday to press ahead with reforms meant to reduce the government's role in the Chinese economy in hopes of spurring growth — despite what he acknowledged would be pain for “vested interests” that benefit from regulation.

“This is not nail-clipping. This is like taking a knife to one's own flesh,” Li said after the close of China's annual legislature in Beijing.

During his only news conference of the year, the premier repeated pledges to reduce requirements for government approval of new businesses.

At this year's session of the National People's Congress, the government lowered the official economic growth to 7 per cent from last year's 7.5 per cent and promised to maintain employment levels, fight corruption and curb pollution. **THE ASSOCIATED PRESS**

Heart health

Experimental cholesterol drug shows promise

New research boosts hope that a highly anticipated, experimental class of cholesterol drugs can greatly lower the risk for heart attacks and other heart-related problems.

Studies presented Sunday at a cardiology conference in San Diego suggest

that people taking one of these drugs had half the risk of dying or suffering a heart problem. Side effects, especially whether they can harm thinking and memory, remain a question.

One of the drugs is being developed by Amgen Inc. and the other by Regeneron Pharmaceuticals and Sanofi. The Food and Drug Administration will decide this summer whether to allow them on the market.

THE ASSOCIATED PRESS

Pipeline network expands as Keystone fight drags on

Oil industry. Network has increased by a quarter over the last decade, and new capacity now dwarfs the Keystone project

nearby.

While the Keystone project awaits a final decision, scenes like these are unfolding almost every week in lesser-known developments that have quietly added more than 18,600 kilometres of pipeline to the nation's domestic oil network.

About 3.3 million barrels per day of capacity have been added since 2012 alone — five times more oil than the Canada-to-Texas Keystone line could carry if it's ever built.

The pipeline build-out provides a little-noticed counterpoint to the fierce political battle being waged over the 1,900-kilometre TransCanada project, which is still in limbo seven years after it was proposed. During the long wait for Keystone, the petroleum industry has pushed relentlessly everywhere else to get oil to market more efficiently, and its adversaries have been unable to stop other major pipelines. **THE ASSOCIATED PRESS**

In a far corner of North Dakota, just a few hundred kilometres from the proposed path of the Keystone XL pipeline, 84,000 barrels of crude oil per day recently began flowing through a new line that connects the state's sprawling oil fields to an oil hub in Wyoming.

In West Texas, engineers activated a new pipeline that cuts diagonally across the state to deliver crude from the oil-rich Permian Basin to refineries near Houston. And in a string of towns in Kansas, Iowa and South Dakota, local government officials are scrutinizing the path of pipeline extensions that would pass



Paul Stolen, a retired state biologist now working with groups opposing an Enbridge project in Minnesota, says he thinks the number of pipeline projects will only multiply. MINNEAPOLIS STAR-TRIBUNE/THE ASSOCIATED PRESS FILE

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VOICES

THE WORKERS WON

Let's hope the provincial government has finally given up on its plan to destabilize Nova Scotia's most powerful union



HALIFAX MATTERS
Stephen Kimber

What better time to declare victory and slink off to bind your wounds than just before cocktail hour on the Friday afternoon before school March Break and the eve of another Sunday nor'easter?

(It's no coincidence two of the top four Google News search terms modifying "Nova Scotia" on Saturday morning were "weather" and "storm" — "health-care agreement" did not even crack the Top 10.)

Premier Stephen McNeil and his suddenly silent sidekick, Health Minister Leo Glavine, chose that exact moment to announce their new-old deal to end the impasse over which health-care unions would represent which

health-care workers.

One can only hope — we shall see — that they have also put a stake through the heart of their original master plan: to destabilize the Nova Scotia Government and General Employees Union (NSGEU), the province's most powerful public-sector union that is based in Halifax, as a prelude to making workers pay full price for generations of political maladministration and malfeasance.

That was/is the McNeil government's grand ambition — from essential-services laws it steamrolled through the legislature last April and May to last fall's benign-sounding Health Authorities Act.

That legislation, quite reasonably, set out to rationalize health-care delivery, reducing the number of regional health boards from 10 to two and the number of individual union con-

tracts from 50 to four. The government — again, not unreasonably — wanted to negotiate with one bargaining team for each of the four contracts.

The problem was that, historically, different unions had organized different sets of workers within the various jurisdictions. So last August, the unions proposed a simple solution: create bargaining councils of unions for each group of workers, with one union leading negotiations on behalf of the others.

That would work.

But the problem, from the government's broader perspective, was that the NSGEU would not be destroyed. It would keep its members. So the government said no.

Which led, inevitably, to draconian legislation transferring workers into unions of the government's choosing, lawsuits, mediation,

Divide and conquer

That was/is the McNeil government's grand ambition — from essential-services laws it steamrolled through the legislature last April and May to last fall's benign-sounding Health Authorities Act.

arbitration, a fired arbitrator (again and again), threats and bluffs, the intervention of the premier and — six months later than necessary — Friday's capitulation.

The workers won.

Happy March Break. Happy snow shoveling.

Your Halifax



The sketchy part of town

Local artist Ben Jeddrie sketches an ocean scene at the Maritime Museum of the Atlantic in downtown Halifax. He will be part of the museum's March Break at Sea! program running all week long. JEFF HARPER/METRO

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Upcoming

Last ice skate of the season this Friday at the Emera Oval



Friday is your last chance to go ice skating at the Emera Oval this season. JEFF HARPER/METRO FILE

The days of ice skating at the Emera Oval are soon coming to a seasonal end.

The popular outdoor skating surface on the Halifax Common wraps up its fifth season on Friday.

Over 120,000 people have donned the blades this year, on par with past years, as the Oval continues to draw skaters of all ages.

With the co-operation of Mother Nature, the Oval will surely be a hit with families this March Break week.

Go to emeraoval.com for skating times. If you don't have skates, you can borrow some on-site.

METRO

Arkells do swell

Hamilton favourites Arkells won group of the year as well as rock album of the year.



Bliss for Alanis

Artist Alanis Morissette received her achievement from the Canadian Music Hall of Fame.



Weeknd double

Toronto alt-R&B paramour The Weeknd won artist of the year, as well as R&B/soul recording of the year for his hit, Often.



SHOWSTOPPERS

Junos highlights.

Kiesza, The Weeknd, Arkells win multiple awards, but legend Morissette steals show

Besides legend Alanis Morissette, who was this year's top winner at the Junos?

There was the absent Leonard Cohen, Montreal's bard of blackness whose gold-certified Popular Problems took the evening's top prize for album of the year, thus giving him six career Junos and continuing his unlikely late-career creative renaissance.

Or perhaps the year's crown jewel was Calgary's Kiesza, winner of her first three career Junos after her irrepressible one-take, Brooklyn-shot video for Hideaway — a throaty ode to '90s house — catapulted her to unlikely worldwide success.

Before she claimed her award for breakthrough artist of the year, she even took a moment seemingly offering support to 16-year-old fellow nominee Shawn Mendes (backstage, she called him "such a sweet-heart" and testified that he was a deserving winner: "That kid did it all on his own.")

"I'm shaking. I'm a little nervous," she said as she accepted her award. "Thank you to all my fans ... thank you for all the support this past year."

The Junos also proved to be believers in Magic!, the evening's leading nominees whose reggae-red-



Kiesza took a gentle turn at the piano, before exploding into the fleet-footed fury of Hideaway. THE CANADIAN PRESS

olent smash Rude landed the Toronto quartet awards for single of the year and breakthrough group of the year.

They performed the song, too — married as it was to new single No Way No — and frontman Nasri Atweh was air-conditioner breezy both while singing and speechifying.

Magic! and Kiesza weren't the only Juno newcomers to make their presence felt.

Although Toronto's the Weeknd (the moniker for master of grim seduction Abel Tesfaye) had won two awards in prior years, he performed for the first time — crooning his pitch-black 50 Shades of Grey tune Earned It on a dimly

lit stage, illuminated by sparse light bulbs — and claimed the biggest Juno of his career for artist of the year, in addition to R&B/soul recording of the year.

The typically publicity-averse 25-year-old allowed his speaking voice a rare cameo when he accepted the show-closing award. "Um, I'd like to thank the Junos, of course," he said. "I want to thank Canada, man, thank you guys. I wouldn't be here without you. Thank you."

And in performances, Mendes put in a winsome acoustic performance of Life of the Party, electro-pop

songwriter Lights teamed with Sam Roberts to flash through her Up We Go and his We're All In This Together and mega-popular dance producer Deadmau5 and Colleen D'Agostino powered through a funky, laser-focused (and enhanced) See ya.

THE CANADIAN PRESS

Inuk throat singer Tanya Tagaq procured her first Juno for Aboriginal album of the year for "Animism," which also won the Polaris Music Prize. THE CANADIAN PRESS

2 SCENE



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TOP **SIX@6** Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 Pitbull ft Ne-Yo Time Of Our Lives

5 Nick Jonas Chains

4 Calvin Harris ft Ellie Goulding Outside

3 Ed Sheeran Thinking Out Loud

2 Maroon 5 Sugar

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Gossip

NED EHRBAR
METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Designers Domenico Dolce and Stefano Gabbana have some not-too-progressive thoughts about gay parents, and certain big names are none too happy about it.

"We oppose gay adoptions. The only family is the traditional one. No chemical offspring and rented uterus: life has a natural flow, there are things that should not be changed," Gabbana declared during an interview with



Italy's Panorama magazine. Dolce had some choice words as well: "You are born to a mother and a father — or at least that's how it should be," he added. "I call children of chemistry synthetic children. Uteri (for) rent, semen chosen from a catalogue."

Needless to say, Elton John was not pleased. John's two children were conceived by in vitro fertilization. "How dare you refer to my beautiful children as 'synthetic,'" he posted to Instagram. "Your archaic thinking is out of step with the times, just like your fashions. I shall never wear Dolce and Gabbana ever again."

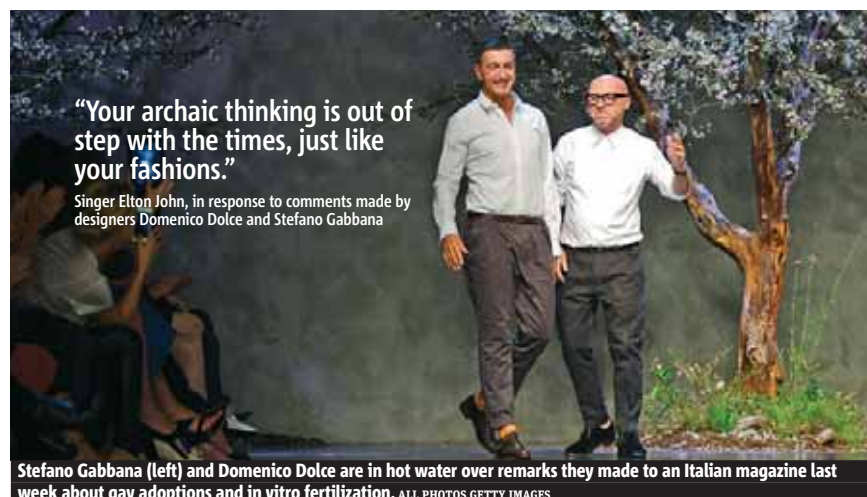
Courtney Love chimed in as well, posting that she wants to burn all her Dolce and Gabbana goods. "I'm just beyond words and emotions," she tweeted.

Gabbana said in a state-

Celebs call out D&G's gay-parent snipe

"Your archaic thinking is out of step with the times, just like your fashions."

Singer Elton John, in response to comments made by designers Domenico Dolce and Stefano Gabbana



Stefano Gabbana (left) and Domenico Dolce are in hot water over remarks they made to an Italian magazine last week about gay adoptions and in vitro fertilization. ALL PHOTOS GETTY IMAGES

ment Sunday that "it was never our intention to judge other people's choices." Dolce

says he was expressing his view about family based on his experience, and that he is

aware that other types of families are just as legitimate. **WITH FILES FROM THE ASSOCIATED PRESS**

Biebs has feelings, too

Justin Bieber really wants you to like him again. After being the butt of the joke for hours during the taping of his Comedy Central roast, the 21-year-old Canadian singer gave a contrition speech.

"I turned a lot of people off over the past few years, but I know I can still turn out good music and turn everything all around," said Bieber, whose music has been overshadowed by his offstage antics, which include reckless driving, public urination and throwing eggs at a neighbour's home.

"I've lost some of my best

qualities. For that, I am sorry," he said. "I'm looking forward to being someone who you guys can all look at and be proud of."

It was a sweet ending to a night of sharp barbs aimed as much at Bieber as the rest of the roasters. Hosted by Kevin Hart, the Comedy Central Roast of Justin Bieber, taped Saturday at Sony Studios, also features Snoop Dogg, Shaquille O'Neal, Martha Stewart and Ludacris. It's set to premiere March 30.

"This is like suicide. Why would you do it?" Hart asked the singer, whom he described as a "huge success that confuses everybody over 14."

THE ASSOCIATED PRESS



Miley and Patrick's love is infectious

Miley Cyrus' relationship with Patrick Schwarzenegger is getting "very serious," sources say, and as luck would have it his sister, Katherine Schwarzenegger, is totally on board with that idea.

"I think they're adorable," Katherine tells Extra. "If my brother's happy,

I'm happy and that's all that matters to me. You just want your sibling to be happy, if they're with someone who makes them happy and in a happy healthy relationship then I'm happy."

Man, she really likes the word happy.



Heather Mills thinks she's bigger than Paul

Heather Mills insisted when she appeared on the Late Late Show that she didn't want to talk about ex-husband Paul McCartney, but she's got a funny way of showing it.

"This is just someone I fell in love with who to me was a normal guy that happened to write a few cool songs in the '60s and a few in the '70s," she says. "Like everyone that's a partner, you fall in love, you get married, you sometimes go, 'Oh my God, this is completely wrong' and you wake up and move on. I once divorced some-

body that I once loved, and then I was abused for it."

Oh, and by the way, she's way more popular with the kids these days than McCartney, so there: "When I go down the street, it's 'Oh my God, you're a ski-racer' or 'You help the animals.' You know, I own the biggest vegan company in the world," she boasts. "If I go down the street, all I get is kids coming up to me. Half of them don't even know who he is. That's why he's got to do songs with Rihanna and Kanye West, so people remember."



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Bargain shopping gone berserk

A good deal? Sale shopping can be a good cover for the compulsive spending that's draining your bank account



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Who doesn't love a good sale? But when bargain hunting, coupon clipping, or mastering the deal becomes the objective, you and your budget are likely headed for big trouble. If you catch yourself saying, "But it was such a deal!" it's time to think twice.

If you're spending money you don't have — if you're putting it on credit and not paying it off in full by the end of the month — it's not a deal. If you're buying something you don't need, it's not a deal. If it takes you three weeks, three months, or never to put what you bought to use, it's not a deal.

A deal is buying the snowsuit your child is going to wear next winter on sale at the end of this winter at 70 per cent off. A deal is picking up a new book you know your sister is dying to read — for half price. A deal is getting something you really need or want at a significant saving, and being able to pay for it in cash.

Shopping for bargains has become a social disease. So how do you know if you've been bitten? Here are three clues:

Your home is jammed to the rafters with stuff.

Chronic bargain shopping is often unconscious spending, so you may not even know you're doing it. Take a look



All those shopping bags might be weighing you down in more ways than you realize. iStock

around. How much of the stuff you bought is sitting unused?

Your favourite phrase is "It was on sale?"

All of us fall prey to impulse shopping from time to time. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so, even with a whopping salary, they're a centimetre away from destitution.

Acquiring something new makes you feel happy.

As counterintuitive as it may seem, some people become chronic bargain shoppers out of a fear of poverty. It can be a self-esteem thing, too. If you have to have the latest fashions and accessories to feel you're admired, your self-esteem issues are showing.

People who can't pass up a good sale even if it's on something they don't want, need, or even particularly like aren't smart bargain buyers, they're

compulsive shoppers. Scoring deals helps them to ease their insecurities and feel more competent and in control. And they rationalize their purchases as something good they are doing for themselves or their families.

A study by Norwich Union Insurance in Britain in late 2007 showed that 17 per cent of Brits spent more than planned because they couldn't resist a bargain, and almost a quarter of them could justify buying more because of a low price tag. In fact, nearly a third

Are you a bargain junkie?

Do you...

- Hit sale and clearance racks when you're feeling sad or mad?
- Spend more than you can afford?
- See sales as opportunities you just can't pass up?
- Walk out of stores with things you hadn't expected to buy?
- Routinely forget what you bought and find things in your closet with the tags still on?

got such a buzz bargain shopping that they were always on the look out for the next hit.

The next time you find yourself sidling up to the cash register with a bargain in hand, ask yourself:

- Do I need it?
- How will I pay for it?
- What will I do with it?
- What would happen if I waited?

Better yet, get yourself a small notebook and promise you'll never again shop without a list. In this notebook, keep a list of the things you need and want. If you find a bargain, look at your list to see where that item is. If it's at or near the top of your list in terms of priority, and you have the cash on hand, buy. If not, walk away.

You'll accomplish a whole bunch of things with a list book. You'll keep yourself on track, looking only at things you know you need or want, and you'll prioritize your spending.

3
TIPS

Being all over the place can be a good thing.

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Advice

**Don't be
Oliver Twist
when it
comes to
your pay**OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I've been at my job for three years and am still making the same salary as when I started. I really want to ask for a raise at my upcoming performance review, but there's one problem: I'm a wuss! The thought of requesting more money makes me very uncomfortable. How can I get over my anxiety, and get more cash?
— Please, Sir, I Want Some More

Dear PSIWSM,
Although your pseudonym is cute, performance meetings are no time to channel malnourished Dickensian orphans. When asking for a bump to your pay stub, ditch timidity for tenacity.

To build your confidence — and your case for more coin — review your concrete achievements from the past three years. What assets have you brought to your company and why are you great at your job? Jot down your accomplishments and prepare an assured-but-appreciative argument. Knowing your

spiel won't just settle your nerves — it will also make your claim more persuasive. Making an appeal for a salary increase may feel uncharacteristically haughty. But if a pay hike is merited, asking for one isn't arrogant.

Dear Metro,
My office is pretty gossipy, but I try to stay out of the drama. However, it recently came to my attention that someone has been bad-mouthing the quality of my work. I really don't want to get involved in some immature spat, but I also want to set the record straight. What's better: ignoring my enemies or fighting them off?
— Your Words, They Hurt

Dear YWTH,
Base your reaction on the vigour of this rumour. Forgettable by Friday? Just forget about it. But if you're colleague's psst-pssting might weaken your professional reputation, consider a calm but direct response.

Go for the source. Ask your scandal-spewing colleague for a coffee, then ask for an explanation. This isn't a confrontation: Keep your comments reasonable and your tone relaxed. Be upfront about your feelings, but avoid getting passive-aggressive. In short: Don't give them anything new to gossip about. The most effective way to downplay performance-related gossip is to perform effectively. Don't let behind-your-back grumblings distract you from your day-to-day tasks.

Become a leader by going beyond the job description

Career building. If you plan on moving up the ladder, you need to be proactive and take risks

LAKSHMI
GANDHI

Metro in New York City

Read any career book or blog, and there will likely be a section on the importance of developing your leadership skills in order to move ahead in your career. What's often less clear (especially to younger workers) is how to best go about doing that.

"Rather than just saying something like, 'My job as a receptionist is just to let people through,' you should be using your job as a platform and take more things on," says Herminia Ibarra, the author of *Act Like a Leader, Think Like a Leader* and an expert on leadership development.

"That's how you move up."

Ibarra offers this advice for employees planning their next move:

Take risks

Oftentimes, Ibarra says, employees are hesitant about mixing things up when they are in charge of a project because of a fear of inauthenticity. "When you are in an unfamiliar role, you don't know what you want to be like," she notes.

"Taking more of a take-



Volunteering to present at a conference is a great way to broaden your network. ISTOCK

charge attitude and doing things like working your network and selling ideas almost seems like a violation of who you are."

Ibarra urges fledgling leaders to put those hesitations aside.

"Whatever image you have in your mind of a leader is a caricature," she says. "You can say, 'I don't want to be that person, but I am going to make a commitment to explore outside my comfort zone.'"

Expand your horizons

In addition to branching out within your company, Ibarra urges workers to lean on their networks. "Say you think you should become a better speaker

Quoted

"Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture."

Herminia Ibarra, author of *Act Like a Leader, Think Like a Leader*

or a better networker," she says.

"If these are things that don't come naturally to you, what I would do is find two or three role models — people you like or respect — and pull out one or two things that they do well and see if you can try that out yourself."

Do more than your job description

One trap that many people fall

into, says Ibarra, is that they feel restricted by their jobs.

"Try to see if you can expand the boundaries of your job," she urges.

"Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture. Then, ask yourself how you can apply those skills to your job and learn to be more strategic."

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Health. Not all sniffles are worth a sick day

How do you know when you should keep your kid home from school?

While it may seem obvious, the decision can be difficult for it requires juggling the family schedule. Chicago pediatrician Dr. Hanna Chow-Johnson lays out guidelines to help parents do what's best for their child and his classmates.

Beginning with obvious cases such as fevers, many schools prohibit a child from attending until he's been fever-free for 24 hours.

Same for stomach problems such as gastroenteritis or the stomach flu that can cause vomiting and diarrhea, says Dr. Chow-Johnson.

"Children should not go back to school until both the vomiting and diarrhea are gone for 24 hours," she says.

When it comes to colds, a minor cough is acceptable,

but Dr. Chow-Johnson reminds parents to teach their children proper coughing hygiene, which includes coughing into a tissue or their elbow, accompanied by frequent hand washing.

Believe it or not, something as simple as a sore throat may be reason enough to keep the child home.

Children with strep throat are contagious and should not

be in school until they have been on an antibiotic for 24 hours," she says. "If it is a viral infection, go by comfort level as far as returning to school."

Lice and conjunctivitis are highly contagious and call for keeping the child home.

Symptoms of conjunctivitis — also known as pinkeye — include discomfort, redness and swelling around the eyes and a discharge that can cause the eyelids to stick together.

AFF

It's acceptable to send your kid to school with a minor cough, but make sure to teach them coughing etiquette.

ISTOCK



Find inspiration in flavours of Thailand

Dinner. Flank Steak with Thai Sauce employs staples such as coconut milk and ginger



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FLASH FOOD



From your fridge
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30 minutes or less

Flank steak is one of the leanest cuts of meat you can eat and is absolutely delicious. I love it as a main course dinner for the family and especially for entertaining hard-to-please guests.

You can always substitute another lean steak such as top sirloin, New York strip or tenderloin.

Ingredients

Thai sauce

- 1 cup light coconut milk
- 1/4 cup freshly squeezed lime or lemon juice
- 3 tbsp brown sugar, packed
- 2 tbsp fish or oyster sauce
- 1 1/2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp hot Asian chili sauce
- 2 tsp cornstarch

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 cups sliced red bell peppers

- 1 1/2 lb flank steak

Garnish

- 1/3 cup chopped cilantro or parsley



This recipe serves six. ROSE REISMAN

Leftovers are great to eat at room temperature or as filling for sandwiches.

If you have time, a flank steak can be marinated for a couple of hours or overnight for a more tender result.

Light coconut milk is a fresh addition to this recipe and one quarter of a cup has only 40 calories and four grams of fat. Compare this to regular coconut milk, which has 136 calories and 14 grams of fat!

Directions

1. To make the sauce: In a large bowl, combine the coconut milk, lime juice, sugar, fish sauce, garlic, ginger, chili sauce and cornstarch.

2. In a nonstick skillet sprayed with vegetable spray, heat the oil over medium-high heat. Cook the onion for 5 to 8 minutes until lightly browned. Add bell peppers and sauté for 5 minutes. Set aside.

3. In grill pan or barbecue sprayed with vegetable spray and preheated to high, grill the steak for about 5 minutes per side for medium-rare or just until done to your preference.

4. Add the sauce to the vegetables and simmer for 5 minutes, until slightly thickened. Slice the steak against the grain and serve with the sauce. Garnish with cilantro.

ROSE REISMAN'S SECRETS FOR PERMA-

NENT WEIGHT LOSS (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving

- Calories. 265
- Carbohydrates. 10.5 g
- Fibre. 1.1 g
- Protein. 25 g

- Total fat. 13 g
- Saturated fat. 6.0 g
- Cholesterol. 59 mg
- Sodium. 541 mg

Liven up asparagus with subtle sauce

This Asparagus with Orange Sauce and Toasted Pecans side dish is a perfect example of how steamed asparagus tastes much better with a subtle sauce.

The orange flavour and the morsels of toasted pecans go so well with this tasty vegetable.

Be sure not to overcook the asparagus or you'll end up with a stringy, chewy mess.

If you're not serving it immediately, rinse the asparagus with cold water to

stop the cooking process.

Reheat it in hot water or in the microwave.

1. Steam or boil the asparagus just until tender, about 3 minutes.

Ingredients

- 1 1/2 lb trimmed and cleaned asparagus

Orange Sauce

- 1/2 cup orange juice

- 3 tbsp hoisin sauce
- 1 1/2 tsp cornstarch
- 1 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp sesame oil

Garnish

- 2 tbsp chopped toasted pecans
- 1 tsp grated orange zest

2. In a small saucepan, whisk together the orange juice, hoisin sauce, cornstarch, garlic, ginger and sesame oil until the cornstarch dissolves. Reduce the heat to a simmer and cook

until slightly thickened, about 2 minutes. Pour over the asparagus and sprinkle with pecans and orange zest. ROSE REISMAN'S SECRETS FOR PERMANENT WEIGHT LOSS (WHITECAP BOOKS) BY ROSE REISMAN

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KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

They came from the west and dominated the east.

The Alberta Golden Bears skated to a 6-3 win Sunday night over the UNB Varsity Reds, successfully defending their CIS men's hockey championship in front of 4,404 spectators at the Scotiabank Centre in downtown Halifax.

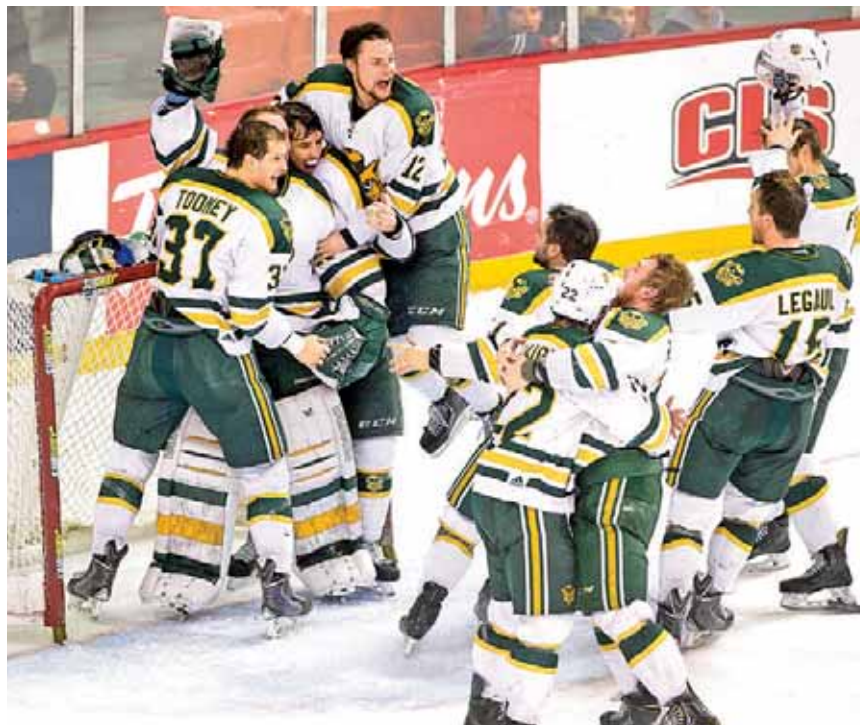
"It was a total team effort," captain Kruse Reddick, 24, said on the ice after the game, as his fellow Golden Bears took turns hoisting the University Cup over their heads and We Are the Champions blared through the arena.

Indeed it was a team effort. Six different players scored for Alberta, including Reddick, who fired a shot through a crowd out front on the power play to make it 4-2 midway through the third period.

Stephane Legault and Jordan Hickmott scored in the first to give the Golden Bears an early 2-0 lead, the former on a wrist shot and the latter on a nice power-play snipe.

Johnny Lazo added one on a deflection from the point with 3.6 seconds remaining in the middle frame to make it 3-1, helping Alberta regain that two-goal lead.

Levko Koper scored a



The Alberta Golden Bears mob goaltender Kurtis Mucha after beating the UNB Varsity Reds 6-3 Sunday night to win the University Cup at the Scotiabank Centre in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Bronze-medal game

Earlier Sunday, Kyle Neuber scored in overtime to give the Guelph Gryphons a 3-2 win over the UQTR Patriotes in the bronze-medal game.

short-handed marker late in the third on a 2-0 rush, while Jordan Rowley added an empty-netter with 1:49 left and Alberta still down a man to seal the second straight national title for the Golden Bears.

"The guys all stuck together," said Reddick, a fifth-year forward from Manor, Sask.

The Varsity Reds started to stage a comeback, bringing the scoreboard to within one twice, on goals from Dylan Willick in the second and

both Philippe Mallet and Adrian Robertson in the third, but the Atlantic University Sport champions couldn't complete it, falling apart in

the final four minutes.

"It's heartbreaking to lose like this," second-year defenceman Jordan Murray, 22.

"We've got to be ready for next year, and we know where we want to be," he added, pointing to the celebration at the other end of the ice. "We want to be over there, (doing) what those guys are doing."

The Golden Bears have now won 15 national championships.

QMJHL

Mooseheads bounce back, Moynihan notches hat trick

The Halifax Mooseheads bounced back from a loss to win on the road over the weekend.

Forward Danny Moynihan, 19, scored twice in the second and once in the third, all on the power play, for the hat trick Saturday night at Harbour Station, helping lead the Herd to a 7-4 win over the Saint John Sea Dogs.

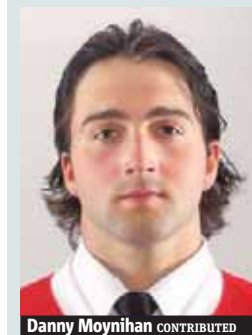
The win came 24 hours after a tough 3-2 loss to the Acadie-Bathurst Titan.

Nikolaj Ehlers added four points Saturday, scoring to make it 3-0 late in the first and capping it off with a short-handed goal into an empty net. Connor Moynihan and Timo Meier also scored.

The weekend's results put the Herd in fourth place in the Maritimes Division, 12th place overall in the Quebec Major Junior Hockey League.

The Mooseheads are back home Wednesday night to face off against the Moncton Wildcats.

KRISTEN LIPSCOMBE/METRO



Danny Moynihan CONTRIBUTED

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Crosby after Pens' loss: 'Our playoffs start now'

NHL. After blowout loss to Red Wings, Pittsburgh captain gives team a reality check

As a mid-March malaise threatened to become something far more ominous, the Detroit Red Wings figured it was time to clear the air before facing Pittsburgh on Sunday.

The Red Wings wouldn't call the players-only meeting a big deal, just a necessary one.

"We just said 'enough is enough,'" forward Henrik Zetterberg said. "We've got to go out and play, got to enjoy playing first of all. It was almost like everyone was a little afraid out there and not embracing it. Today it was a lot better."

Certainly looked like it. Zetterberg had a goal and an assist, Teemu Pulkkinen scored twice for the first multi-



Penguins goalie Marc-Andre Fleury was replaced by Thomas Greiss in the second period after giving up four goals on 16 shots against the Red Wings.

GENE J. PUSKAR/THE ASSOCIATED PRESS

goal game of his career and the Red Wings had little trouble in a 5-1 win.

Barely 24 hours removed from a 7-2 whipping in Phila-

delphia, the Red Wings righted themselves on the other side of Pennsylvania. Marek Zidlicky added a goal and two assists and Riley Sheahan also scored

for Detroit. Petr Mrazek made 42 saves for his first win in over a month.

"We needed this one," Pulkkinen said. "We were talking after the game yesterday that we can't play like that."

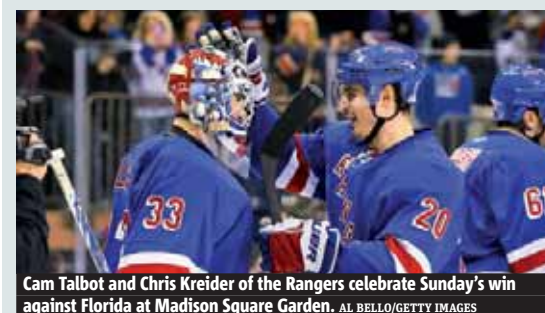
Marc-Andre Fleury stopped just 12 of 16 shots before being pulled as the Penguins lost their second straight. David Perron scored his 17th of the season for Pittsburgh. Cole Harbour's Sidney Crosby picked up an assist after missing Saturday's loss to Boston due to an illness, but the Penguins mustered little flow without centre Evgeni Malkin, who is out indefinitely with a lower body injury.

"We've just got to regroup here and understand basically our playoffs start right now," Crosby said. "You have to enter playing the right way. You have to do things right and have that mentality for the rest of the year." **THE ASSOCIATED PRESS**

Around the NHL Sunday

- **Rangers 2, Panthers 1.** Cam Talbot made 38 saves and the streaking New York Rangers beat Florida for their 14th win in 17 games.
- **Hurricanes 3, Blue Jackets 2.** Brad Malone's goal capped a big second period for Carolina and helped the Hurricanes end a three-game losing streak with a victory against Columbus.
- **Blues 3, Stars 0.** Jake Allen made 28 saves for his fourth shutout this season, and Vladimir Tarasenko broke a scoreless tie with a goal in the third period in St. Louis' win over Dallas.
- **Capitals 2, Bruins 0.** Braden Holtby made 32 saves for his eighth shutout of the season, Nicklas Backstrom became Washington's career assists leader, and the Capitals cooled surging Boston.
- **Senators 2, Flyers 1.** Bobby Ryan scored the shootout winner as Ottawa defeated Philadelphia.
- **Ducks 4, Predators 2.** Kyle Palmieri scored the tying goal and Nate Thompson put the Ducks ahead 35 seconds later, leading Anaheim back from a two-goal deficit with a four-goal third against Nashville.

THE ASSOCIATED PRESS



Cam Talbot and Chris Kreider of the Rangers celebrate Sunday's win against Florida at Madison Square Garden. AL BELLO/GETTY IMAGES

Snowboard cross

Canada's Maltais grabs gold

Canadian Dominique Maltais captured a women's World Cup snowboard cross event Sunday while Kevin Hill finished third in the men's event.

Maltais, the Olympic silver medalist from Petite-Riviere-St-Francois, Que., emerged victorious in the big final ahead of French racers Nelly Moenne Loccoz and Chloe Trespeuch.

Hill, of Vernon, B.C., was third behind Australia's Alex Pullin and Lucas Eguibar of Spain respectively. **THE ASSOCIATED PRESS**

NCAA basketball

Reigning champs UConn miss out on March Madness

Markus Kennedy scored 15 points, and No. 20 SMU held off UConn 62-54 on Sunday to win the American Athletic Conference Tournament title. The defending national champion Huskies fell a game short of winning four times in four days and earning a trip back to the NCAA tournament.

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NBA. Raptors can't find their way vs. Trail Blazers

LaMarcus Aldridge poured in 24 points and Damian Lillard added 23 as the Portland Trail Blazers defeated the Toronto Raptors 113-97 at the Air Canada Centre on Sunday night.

The Trail Blazers (44-20) took advantage of a porous Toronto defence, shooting better than 60 per cent from the field in the first half and finishing the night 13-for-29 from three-point range.

DeMar DeRozan had 22 points to lead the Raptors (39-27), who lost for the tenth time in 12 starts.

Toronto's Greivis Vasquez hit a 13-foot jumper with 8:38 to go in the fourth, capping a 6-0 run that cut the Portland lead to eight points and briefly energized the sellout crowd of 20,053.

But the Trail Blazers responded with a 16-8 run of their own over the next five minutes to end any possibility of drama and send many of the fans to the exits early.

The Raptors had lost nine of 10 games before a 10-point win at home over Miami Friday night.

Portland led 91-79 after three quarters. The visitors widened the advantage to as many as 16 points in the quarter. **THE CANADIAN PRESS**



Blazers big man Robin Lopez defends against Jonas Valanciunas on Sunday night in Toronto. THE CANADIAN PRESS

Around the NBA Sunday

- **Thunder 109, Bulls 100.** Russell Westbrook had 36 points, 11 rebounds and six assists, and the Oklahoma City Thunder held off the Chicago Bulls 109-100.
- **Cavaliers 123, Magic 108.** Kyrie Irving scored 33 points, J.R. Smith had 25, and Cleveland rolled past Orlando.

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Wayne Rooney shaped a flurry of punches before falling over on his back to celebrate his goal against Tottenham Hotspur on Sunday at Old Trafford in Manchester, England. OLI SCARFF/GETTY IMAGES

Blues build lead, Rooney KOs Spurs

Premier League. Chelsea moves six points clear of City, United clobbers Tottenham's top 4 hopes

Chelsea failed to fully capitalize on Manchester City's stumble in the Premier League title race by only drawing against Southampton on Sunday, while

Wayne Rooney landed a blow to Tottenham's Champions League hopes in Manchester United's most impressive victory this season.

Chelsea extended its lead over City to six points — with a game in hand — with a 1-1 draw at Stamford Bridge, although the advantage would have been even bigger had Southampton goalkeeper Fraser Forster not produced several

great saves.

Diego Costa's 11th-minute header for Chelsea was quickly cancelled out by a penalty converted by Dusan Tadic.

Rooney capped United's 3-0 win over Spurs at Old Trafford with a stunning solo goal and performed a boxing knockout celebration. It was a response to a video released by a British newspaper on Sunday that showed the England captain be-

ing floored by an ex-teammate in a sparring session at home.

"I don't know how it's got out," Rooney said. "You know, it's what friends do — we mess around in the house and unfortunately it's made the front page of the newspaper."

In the day's other game, Everton beat Newcastle 3-0 to pull six points clear of relegation danger.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Do something meaningful this week. Whatever it is, do it with others rather than on your own. As a group you may, in some small way, change the world.

♉ Taurus

April 21 - May 21

You may be eager to push ahead with a project you know will be a success but the planets warn the timing is not right. Wait until Friday's solar eclipse.

♊ Gemini

May 22 - June 21

Leave yourself plenty of time to reach your destination. Some days you can leave everything to the last minute, but today you have got to be organized.

♋ Cancer

June 22 - July 23

It is possible you could come into money this week but it is also possible that you will lose money. Jupiter, planet of luck but also extravagance, warns you need to stay on top of the wasteful side of your nature.

♌ Leo

July 24 - Aug. 23

Something will happen today that is a challenge and opportunity. While the challenge may come from the outside it is the way you react to it on the inside that makes it an opportunity.

♍ Virgo

Aug. 24 - Sept. 23

Stay calm, be patient and don't try to force the pace. Accept that, where work is concerned, you have no choice but to wait while others catch up.

♎ Libra

Sept. 24 - Oct. 23

Make sure you know what you are getting into today because if you let others take charge and decide what you will be doing you could end up in a place you don't really want to go.

♏ Scorpio

Oct. 24 - Nov. 22

What is simple to you may be complicated to someone else, so don't get uptight if they can't grasp it. Patience may not be one of your virtues but you will need plenty of it today.

♐ Sagittarius

Nov. 23 - Dec. 21

Nothing in your life is so urgent that it must be done right this moment and if anyone tells you otherwise they are not to be trusted. Bide your time and let others make the first move.

♑ Capricorn

Dec. 22 - Jan. 20

Why do some people get hysterical over minor matters? Whatever the reason it's unlikely they are going to change, so make allowances.

♒ Aquarius

Jan. 21 - Feb. 19

You feel confident but don't go too far and say or do something that risks making an enemy of people who are way beyond you in the power stakes.

♓ Pisces

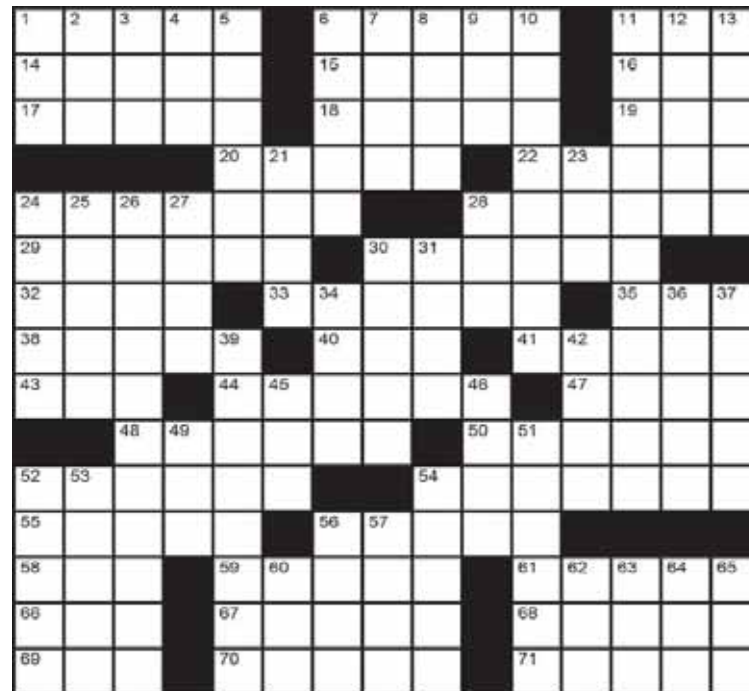
Feb. 20 - March 20

Don't cut corners and hope no one notices. They will. You may be falling behind and need to catch up but there is a right way and a wrong way to do it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Warning signal
6. Saskatchewan town south of Prince Albert
11. Scottish hat
14. Time lag
15. Garlic sauce
16. Folk classic: "___ Had a Hammer"
17. The Police leader
18. Comedian Nick with a self-titled sketch show
19. Habs, on scoreboards
20. "An ___ Husband" (1999)
22. Can's ingredients spot
24. Likes
28. BC: ___ Lagoon Park, in Nanaimo
29. Chicken Soup link
30. Sweater sort
32. Unfeigned
33. Earlier match or round, short-style
35. "WiLD4TheNight (EgoLand)" Canadian rapper
38. De-sud
40. Frying need
41. ___ kebab
43. Founded, for short
44. "Goodness.": 2 wds.
47. 'Within'-meaning prefix
48. More sore
50. Thermal ___ (Hot/cold spot detector)
52. Ancient death



Down

54. Sherry ___, Canadian entrepreneur/philanthropist
55. WWII-era model
56. Panache
58. WSW's opposite
59. Arctic = ___ region
61. Baseball base
66. Edinburgh 'uh-uh'
67. Overturn
68. Workshop

Across

69. Gent's honorific
70. Grooms-to-be events
71. Fund

Down

1. Classified listings, e.g.
2. Permit
3. Will Smith flick
4. Operated

5. "___ (Gone Gone Gone)" by Chilliwack
6. Exclaims "Rise and shine!"
7. Broadcast, ___ show
8. ___ Aid (Flavoured drink)
9. mEntire
10. As per #11-Down... ___ Lake, BC (Headquarters of

- Pioneer Log Homes)
11. HGTV's log cabins show: 2 wds.
12. Later
13. Paper factories
21. Heavy, as emotion
23. Prefix to 'culture' (Beekeeping)
24. Cavern
25. Ms. Day
26. Rocky ___

- (Western Canada scenic train journey provider)
27. Chemical suffixes
28. Fraternity letter
30. Johanna ___ (Opera soprano)
31. Seasoned stew, ___ podrida
34. Drove
36. Prefix with 'arthritis'
37. Cut
39. Dawn horse
42. Cabbage unit
45. Hellos
46. Rihanna's nickname
49. French vineyard
51. ___ Beach, South Carolina
52. Debuts, as a musical
53. ___ Peninsula, in Egypt
54. Poets
56. ___ collar
57. CBC News program, "The Exchange with Amanda ___"
60. Decide
62. Harrison's "Star Wars" (1977) role
63. "___ be my pleasure."
64. Pi's follower
65. Mother Nature's coat

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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